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# Dairy On MyPlate (What's On MyPlate?)



## Synopsis

Dairy foods are smooth, creamy, and healthy. Learn about how MyPlate helps kids make great food choices every day, including dairy!

## Book Information

Lexile Measure: 570L (What's this?)

Series: What's on MyPlate?

Paperback: 24 pages

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Language: English

ISBN-10: 1429694106

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Product Dimensions: 0.2 x 10.8 x 8.8 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #427,289 in Books (See Top 100 in Books) #121 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#) #326 in [Books > Children's Books > Children's Cookbooks](#) #534 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diseases](#)

Age Range: 4 - 8 years

Grade Level: Kindergarten - 1

## Customer Reviews

Great book for my students.

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How To Make Kefir: The Complete Guide On How To Ferment and Make Your Own Kefir Milk: Enjoy This Probiotic Drink With Dairy-Free and Alternative Milk Options and Kefir Recipes  
Healthy Super Shakes and Smoothies: 25 Sugar Free Dairy Free Shakes and Smoothies Recipes (Here's the DEAL - Healthy Weight Loss and Fat Burning Book 3)  
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